

文学部 人間関係学科 小論文

【注 意】

1. 試験開始の合図があるまで、この問題冊子の中を見てはいけません。
2. 試験時間は13時00分から15時00分まで(120分間)です。
3. この問題冊子は表紙以外に5ページあり、解答用紙は2枚あります。
4. 試験中に問題冊子の印刷不鮮明、ページの落丁・乱丁および解答用紙の汚れ等に気付いた場合は、手を挙げて監督者に知らせてください。
5. 解答はすべて解答用紙の解答欄に記入してください。
6. 解答用紙の氏名欄を除き、受験者本人の特定につながるような氏名、住所、学校名等は記述しないでください。
7. 解答用紙を持ち出してはいけません。持ち出した場合、試験をすべて無効とします。
8. 試験終了後、問題冊子は持ち帰ってください。

次の課題文を読んで設問に答えなさい。

When I take a cab in London, I'm always amazed that the driver can find their way around without a map or a GPS¹, even though the street system is not only big and sprawling² but also seems to lack any kind of structure or logic. It's no coincidence that this is where I have been lucky enough to land a particularly experienced driver – becoming a cab driver in London is a big challenge and you must be able to memorize more than 20,000 streets and 50,000 locations. The knowledge bank that prospective drivers³ must acquire is so extensive that it's referred to as 'the Knowledge'. Although many spend years preparing, half of them fail.

The learning process is so extensive that it even creates measurable changes in the brain! When researchers compared prospective cab drivers training for Knowledge tests with their regular peers, there were no differences in their brains before the learning period. However, when the scan was repeated afterwards, they found that the brain's memory center – the hippocampus⁴ – had become larger in those who had passed the test! In particular, the part of the hippocampus that is closest to the back of your head (known as the posterior⁵ hippocampus) had grown, which is important for our ability to orient ourselves spatially. In contrast, in their peers and those who had failed the test, the size of the hippocampus remained unchanged.

¹ GPS 人工衛星を使って自分の現在位置を把握できる仕組み。

² sprawling 広大な

³ prospective drivers 運転手志願者

⁴ hippocampus 海馬

⁵ posterior 後部

The hippocampus growing and becoming physically larger in response to learning is an example of the brain being changeable, or plastic⁶. We are now beginning to understand why the hippocampus of prospective cab drivers grows as they learn the streets of London. Driving without a GPS in an unfamiliar environment activates both the hippocampus – which is important for memory and locating yourself spatially – and the frontal lobe⁷ – which is involved in decision-making. In situations where we are faced with multiple choices, such as a three-way junction, these areas in particular light up. When we follow a GPS, on the other hand – receiving instructions such as ‘in 20 meters, turn left’ or ‘at the roundabout⁸, take the first exit’ – the hippocampus and the frontal lobe aren't activated in the same way. The brain likes to save energy and therefore won't put effort into something it doesn't need. Thus there is a risk that if we don't use certain mental faculties, we might lose them.

As we delegate⁹ more and more tasks to our phones and computers, we might therefore suspect that we are gradually losing other mental functions than just navigation. But maybe we are freeing up mental capacity that we can use for something else? If you have a GPS that's helping you find your way, you can focus instead on listening to a podcast¹⁰ or thinking about a work problem. Well, maybe. But we can't outsource¹¹ everything. We need some knowledge to be able to relate to the world, ask critical questions and evaluate information – especially in an age that's

⁶ plastic 可塑性

⁷ frontal lobe 前頭葉

⁸ roundabout 環状（円形）交差点

⁹ delegate 委任する

¹⁰ podcast 音声や動画などをインターネット上に公開するサービス

¹¹ outsource 外部委託する

becoming more and more complicated. An increasingly complex society makes us smarter but also seems likely to dumb us down¹² if we leave too much of our thinking to computers and phones. This may have contributed to the trend of declining IQ that we are seeing in Scandinavia.

Many jobs will disappear as a result of automation and artificial intelligence. Those that are left will probably require us to concentrate. Ironically, concentration is both the thing we need most in a digital world and the thing that such a world erodes¹³.

'The modern world with an overabundance¹⁴ of data is both confusing and harmful to the mind' – the prominent Swiss scientist and polymath¹⁵ Conrad Gessner warned early of the negative impacts of modern technology. Very early. He wasn't referring to mobile phones or the Internet but to the printing press, and his warning was issued in the mid-sixteenth century. During the expansion of the railway in the nineteenth century, there were prophets¹⁶ of woe¹⁷ who warned of a 'railway madness'. Travelling at speeds beyond 20 miles per hour was so unnatural, they said, it would result in nausea¹⁸, mental anguish¹⁹ and even trigger violent outbursts! A few decades later, it was the telephone that was considered the devil's invention, attracting thunderstorms and evil spirits. These fears were so widespread that telephone companies sometimes struggled to recruit operators to work the switchboards. In the 1950s, people feared

¹² dumb down 愚かにする

¹³ erodes 蝕む

¹⁴ overabundance 過剰

¹⁵ polymath 博学者

¹⁶ prophets 預言者

¹⁷ woe 災い

¹⁸ nausea 吐き気

¹⁹ anguish 苦痛

that TV sets were having a hypnotic²⁰ effect!

Perhaps our fears of how our digital lifestyle might affect the brain are the equivalent of railway madness, haunted phones or being hypnotized by the TV. It's the same knee-jerk²¹ complaints from the doomsayers²² ahead of every new technological change! That is, of course, possible, but there is a case to be made for taking our current concerns seriously. Unlike before, we now carry our new technologies with us everywhere we go and interact with them virtually around the clock. Nobody sat on a train for six to seven hours a day. No one talked on the phone for six hours daily or carried a TV around in their pocket. The fact that we use mobile phones and computers more or less constantly is what sets the situation apart from previous technological revolutions.

The brain is an organ that never ceases to amaze with its ability to adapt to the world around us. Given this malleability²³ – the brain's plasticity – it would almost be strange if our 24/7²⁴ digital lifestyle didn't have a powerful effect on us.

(Adapted from Anders Hansen, *The Attention Fix: How to Focus in a World that Wants to Distract You*)

²⁰ hypnotic 催眠の

²¹ knee-jerk 反射的な

²² doomsayers 災難を予言する人

²³ malleability 順応性

²⁴ 24/7 1日24時間、週に7日

- 問1 スマートフォンなどのデジタル機器を使用することの利点について、著者はどんなことをあげていますか。(20 点)
- 問2 過去の技術革新に対する懸念と、スマートフォンなどのデジタル機器に対する懸念の違いについて、著者がどのように述べているか簡潔にまとめなさい。(60 点)
- 問3 スマートフォンなどのデジタル機器が人間関係に及ぼす悪影響をあげた上で、私たちはどのようにスマートフォンなどのデジタル機器を上手に活用できるか 800 字以内で論じなさい。(120 点)

2025年度 学校推薦型選抜

問題訂正

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=注意事項=

すべての問の解答言語は日本語とします。